

F I R S T  
A N N U A L R E P O R T

OF THE

FIFE AND KINROSS DISTRICT LUNATIC  
ASYLUM.



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MAY 1867.

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# DISTRICT LUNACY BOARD FOR FIFE AND KINROSS SHIRES, 1867-68.

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## ASYLUM STAFF.

Medical Superintendent,	-	-	Dr J. B. TUKE,
Medical Assistant,	-	-	Dr CHARLES H. SKAE.
Chaplain,	-	-	Rev. JAMES NIMMO, Springfield.
House Steward,	-	-	ALEX. MACDONALD MACKINTOSH.
Matron,	-	-	Miss EASTON.
Head Attendant,	-	-	JAMES WILSON.
Farm Steward and Gardener,	-	-	ALLAN BELL.

MEMORANDUM BY SIR JAMES COXE,  
COMMISSIONER IN LUNACY.

FIFE & KINROSS DISTRICT ASYLUM,  
*October 10, 1866.*

The first Patient was admitted on 1st July, and the total number of admissions to this date is 163, of which 150 were on the sanction of the Board of Lunacy, and 13 on the order of the Sheriff. The former were all transferred from other Asylums, for the most part in an incurable condition ; the latter were brought direct from their homes.

During the period the Asylum has been in operation, 2 patients have been discharged recovered ; and 2 have died, both from exhaustion consequent on epilepsy. The present numbers are—78 males and 81 females ; and it is estimated that there are still in other Asylums about 20 patients chargeable to parishes of the District.

The opening of an Asylum, especially when large numbers of patients are received within a limited time, must be accompanied by many anxieties and difficulties, partly dependent on the want of accurate knowledge of their mental and bodily constitution, and partly connected with the employment of new and untried attendants. It is, therefore, extremely satisfactory to report that the condition, both of the house and patients, was extremely creditable to Dr Tuke. And this result, it should be mentioned, has been attained under the great disadvantage of the constant presence of workmen.

The house was clean, well ventilated, and cheerful, and is found to be well adapted to its purpose, although some minor defects in structure and arrangement have been revealed by practical experience. For instance, the cement flooring of the kitchen and passages has proved insufficient, and the enlargement of the washing-house and laundry has been deemed necessary. On the whole, however, the result is very satisfactory.

The Furniture is comfortable and appropriate, and many articles which are still wanting will gradually be supplied from the workshops of the house. Considering the short time during which the



house has been in operation, a great deal has been accomplished in giving it that aspect of cheerfulness and comfort which experience has shown exercises so powerful an influence on the condition of the insane.

The Bedding is of excellent quality. It consists of hair mattresses, with straw palliasses, and it was found in excellent order. For the wet patients, straw bags are used at present—5 on the female side and 1 on the male. No special night attendants have been appointed, but the ordinary attendants take the necessary night duty in rotation, and already a great improvement has been effected in the habits of many of the patients.

The Day-Clothing is also of excellent quality, and was always in good order. Great attention is paid to personal cleanliness.

Dinner was served during the visit in a very orderly manner. All the patients, with the exception of 4 males and 14 females, were present in the hall, and partook of the meal in a very becoming manner. It was served in two courses, and lasted about half-an-hour. The food was excellent and abundant; and the general appearance of the patients is indicative of an appropriate diet. The physical condition of many of them is reported to have undergone great improvement since their admission.

Only 2 patients were found in bed, a male from an inflammatory ailment, and a female from the effects of epilepsy. Of the present numbers about 64 males and 60 females are industrially employed, and no one is confined to the airing courts who is physically able for exercise in the general grounds. Of the men 48 were actively employed in the grounds; and of the women 39 were found at work in the general sewing room, and a considerable number in the washing-house and laundry. Great tranquillity prevailed in both departments, and there has been no occasion at any time to have recourse to seclusion.

Proper care is taken to supply means of amusements and recreation. A library has been begun, and a room will be fitted up for its reception, and as a reading-room, to which appropriate periodicals will be supplied.

The remuneration of the attendants begins at £24 for the males and £10 for the females, with an annual increase. As was to be expected, it has been found necessary to make several changes, but the staff is now considered as efficient and trustworthy.

The supply of water has hitherto been found sufficient, and it is expected when additional hot water cisterns have been provided that every patient will in bathing be supplied with clean water.

No accident is recorded since the opening of the Institution.

The various Registers were examined.

The grounds are still in a very rough condition, but will gradually be put in order by the labour of the patients. The airing courts are laid down in grass, are provided with verandahs, and are very cheerful.

JAMES COXE, *Commissioner in Lunacy.*

## MEMORANDUM BY DR W. A. F. BROWNE, COMMISSIONER IN LUNACY.

FIFE & KINROSS DISTRICT ASYLUM,  
3d April 1867.

The Fields around the Asylum are now assuming a more cultivated appearance. A large portion of the land has been ploughed ; a kitchen garden has been formed ; and parties of patients were engaged, when the inspection was made, in making roads and similar operations. A greater number of evergreens and common shrubs would add greatly to the clothedness and amenity of the grounds ; and may, doubtless, be easily obtained from the neighbouring proprietors. The Bleaching-Green is not yet in sward, so that one of the airing-yards has been used instead. Since the opening of the establishment domestic experience has pointed out various defects or deficiencies—to some of which it is necessary to advert. The chief of these are — 1, the insufficient composition of the cement with which the bath-rooms, passages, &c., have been laid, of which the surface becomes irregular, crumbles, and passes into holes, and to such an extent that already the kitchen, laundry, and main-passage at the entrance, have been re-laid with stone or tiles ; 2, the state of the laundry is not satisfactory, but the want of ventilation in the drying-closets, or of any mode by which the



damp or offensive air can escape, especially demand attention ; 3, the insufficient steam-power for laundry and other purposes—a shaft is now in process of erection in order to increase the draught of the furnace, with a view to remedy this.

The dayrooms, dormitories, and all parts of the house, were remarkably clean ; well aired and lighted. Certain of the more exposed galleries must be cold during the winter ; but precautions have been taken to prevent a great fall of temperature. The bedding, body clothes, and personal cleanliness and tidiness of the inmates, were perfectly satisfactory.

The walls have been enlivened by a few pictures ; but there is still ample scope for extending this mode of moral treatment. The immediate formation of a library is recommended—such a measure is the more necessary, that from the distance of the house from Cupar, the class of patients as yet admitted, &c., the sources from which amusements are usually drawn are scanty.

The industrial class amounts to 65 men and 68 women, and comprehends shoemakers, joiners, gardeners ; kitchen and laundry-maids, knitters, sewers, and scrubbers—the assemblage of 50 actively employed females in the workroom presented a most pleasing and encouraging scene. Such an arrangement secures not merely a larger amount of useful work ; but that supervision which should never relax nor be suspended. All the clothes are now sewed and repaired in the house.

Eighty-six men and 68 women partook of an excellent meal of boiled pork, potatoes and turnips, and with great order and propriety in the presence of the Reporter. The crowded state of the apartment, however, showed the rapid increase of the community, and the near prospect of devising measures to meet the demand for accommodation. There are at present 105 male and 93 female patients resident, and of these not above 26 are expected to be restored to reason or liberty. Since 10th October 1866, 50 admissions have taken place, all from the District. Of these, 22 appear to have been transferred under sanction of the Board. In the same period, 5 persons have left the establishment—three as recovered, one by transfer, and one by elopement. Six deaths have occurred—3 from pulmonary, 1 from cardiac, 2 from cerebral diseases. One of the latter followed severe blows on the head, inflicted by another patient, an epileptic, which must have accelerated,

if they did not cause, death (*vide* Dr Tuke's Reports to Board upon subject.) This was the only important accident. There are no entries in the Register of seclusion ; but, this day, a violent and destructive epileptic was very properly secluded. The present corps of attendants are regarded as trustworthy ; but it was some time since necessary to discharge C. M'L. as in every respect unsuitable.

Among so many demented it is not surprising to find 28 of dirty habits. There were, however, last night only 8 wet beds. This may be fairly attributed to the exertions of the night guardians.

The supply of water is at present sufficient, but when in bathing, fresh water is used in every case, which should be the practice ; it may be well to ascertain whether this estimate be still applicable.

The Books, Registers, were seen, and all the orders, except that for Mrs D., which is still in the hands of the J. P.

The working condition of this establishment, which must still, in one sense, be regarded as unfinished, is most creditable.

W. A. F. BROWNE, *Commissioner in Lunacy.*



# R E P O R T, & c.,

## TO THE

### MEMBERS OF THE DISTRICT BOARD OF LUNACY FOR THE COUNTIES OF FIFE & KINROSS.

*Mr Chairman and Gentlemen*, I have the honour to lay before you the first Annual Report of the Fife and Kinross District Asylum.

Since the opening of the Institution on the 4th of July 1866, 219 cases of insanity have been admitted. Of these, 180 were transferred from other asylums, and 35 were removed directly from home ; 9 deaths have occurred ; 5 patients have been discharged recovered, and 3 not improved, thus leaving the total number of inmates on the 1st of May as follows :—105 males, 97 females—202 in all. I need hardly say that, with very few exceptions, the patients transferred from other asylums cannot be expected to recover from their malady. Either the disease has existed for such a length of time, or its character is such as to preclude hope. Nevertheless, 2 cases in whom the insanity was of more recent date have been discharged recovered.

Table 1 exhibits a general survey of the results of the past year.

*Table I.—General Result of the Year.*

							Male.	Female.	Total.
Number of Patients admitted between 4th July 1866 and 30th April 1867, -							114	105	219
Discharged,	F.	M.	Tl.						
	3	5	8						
Of whom were Recovered,				M.	F.	Tl.			
				1	4	5			
„ Not Improved,				2	1	3			
Deaths,				6	3	9			
							9	8	17
Total number resident on April 30th, 1867, -							105	97	202

Average number daily resident during this period :—

Males.	Females.	Total.
78 <sup>7</sup> / <sub>10</sub>	76 <sup>1</sup> / <sub>10</sub>	154 <sup>8</sup> / <sub>10</sub>

Table 2 illustrates the mental condition of patients transferred from other asylums.

*Table II.—Mental condition of Cases Transferred from other Asylums.*

	M.	F.	Total.
Demented, - - - -	77	69	146
Chronic or remittent maniacs, - - -	2	5	7
Epileptic demented, - - - -	12	2	14
Chronic Melancholiacs, - - - -	0	2	2
Congenital imbeciles, - - - -	4	5	9
General Paralytics, - - - -	2	0	2
Total, - - - -	87	83	170

Although a return to sanity is not to be anticipated in these 180 patients, still I am happy to report that considerable amelioration, both mentally and bodily, has resulted since their transference. Not a few were sent to the Asylum in a very wretched condition, and it has taken months of care and attention to break them of the most degraded habits, and to restore them to an ordinary degree of cleanliness. This remark does not apply to those transferred from the Royal Asylums, whose patients in the main presented a very marked distinction from those who came from private houses or the lunatic wards of poor-houses. There should also be exception made in favour of those who came from Millholme House, Musselburgh.

*Table III.—Form of Diseases in those admitted directly from Home.*

Form of Disease.	M.	F.	Total.
Congenital Imbecility, - - -	1	3	4
Epileptic Insanity, - - -	2	0	2
Senile Insanity, - - -	0	5	5
Idiopathic Insanity (Asthenic), - - -	3	2	5
Traumatic Insanity, - - -	1	0	1
Climateric Insanity, - - -	6	2	8
Phthisical Insanity, - - -	0	2	2
Insanity directly resulting from Intemperance, - - -	1	1	2
Puerperal Insanity (Demented), - - -	0	1	1
Insanity of Lactation, - - -	0	5	5
Unascertainable (Demented), - - -	0	1	1
General Paralysis, - - -	2	0	2
Post-febrile Insanity, - - -	1	0	1
Total, - - -	17	22	39

It will be seen that a large proportion of those who were admitted directly from home laboured under such incurable forms of insanity as congenital imbecility, epileptic insanity, senile insanity, or general paralysis. In those in whom the disease was originally of a more curable type the chances of recovery have in many cases been lessened by delay in placing them under proper treatment, or by their having suffered from previous attacks, so that even of this class there can only be considered 7 men and 7 women as probably curable.

I may here be allowed to remark that the great element of success in the treatment of insanity, amongst pauper patients more particularly, is early removed to an asylum. Delay in such cases is the worst economy.

Table 4 shows the probable causes of disease in recent cases.

*Table IV.—Probable cause of Diseases in Recent Cases.*

	M.	F.	Total.
Intemperance, - - - - -	1	1	2
Old age, - - - - -	0	5	5
Epilepsy, - - - - -	2	0	2
Overwork, - - - - -	1	0	1
Injury to head, - - - - -	1	0	1
Family affliction, - - - - -	1	0	1
Congenital, - - - - -	1	3	4
Religious excitement, - - - - -	1	0	1
Want of sleep, - - - - -	1	0	1
Climacteric period, - - - - -	3	2	5
Disappointment in business, - - - - -	1	0	1
Bodily ailments, - - - - -	0	3	3
Child-bearing, - - - - -	0	1	1
Over-nursing, - - - - -	0	5	5
Want and disappointment, - - - - -	0	2	2
Not known, - - - - -	3	0	3
Fever, - - - - -	1	0	1
Total, - - - - -	17	22	39

16 had suffered from previous attacks.

In 17, hereditary predisposition was acknowledged.

The history afforded with transferred cases was generally so very slight and unreliable that I have not attempted either to classify them accurately, or to assign a probable cause.

Nine deaths have occurred, thus giving the very low percentage of 4.1 per cent. on the total number under treatment. 7 per cent.



is considered the usual average in asylums. The causes of death were as follows :—

Exhaustion from Epilepsy,	-	-	-	-	-	-	2
Inflammation of the Brain,	-	-	-	-	-	-	1
Acute Bronchitis,	-	-	-	-	-	-	1
Pneumonia,	-	-	-	-	-	-	1
Pleurisy,	-	-	-	-	-	-	1
Phthisis,	-	-	-	-	-	-	1
Heart Disease,	-	-	-	-	-	-	1
Injury to Head,	-	-	-	-	-	-	1

The latter death was the result of blows inflicted by an uncontrollable epileptic, who had received great provocation from another patient, in resenting which he inflicted such injuries as caused the almost immediate death of his aggressor, whose brain was in so a weakened condition as to render him peculiarly liable to apoplexy from external violence. The homicide was brought before the Circuit Court of Justiciary at Perth, when insanity was pled in bar of trial. The plea was sustained, and he is now detained during Her Majesty's pleasure in the criminal wards of the Perth Penitentiary. This case was the subject of investigation by a Committee of the District Board, and full particulars were also communicated to the General Board of Lunacy. I have the satisfaction of knowing that no blame is considered attachable by your Committee to any of the officials of the Asylum, and I append a letter received by me from the General Board of Lunacy on the subject :—

General Board of Lunacy, Edinburgh,  
25th February 1867.

Dr Tuke,  
Fife District Asylum, Cupar.

SIR,—I have laid before the Board your letters of the 6th and 8th instant, referring to the circumstances attending the death of Robert Toshack. While the event is one calling for deep regret, the Board do not consider that culpability appears to attach to any individual.—I am, &c.,

(Signed)

M. F. OGILVY,  
For the Secretary,

There are at present in the house two most violent and dangerous homicidal lunatics. The one made five separate attempts to stab the head attendant of the asylum from which he was transferred; the other was discharged from his regiment as a lunatic after having endeavoured to bayonet his sergeant. I communicated with the General Board of Lunacy as to the proper measures

to be taken in cases of this sort, in order to prevent the recurrence of such accidents. These two men should, I hold, be considered as criminal lunatics, and as such are unfit for detention in a district asylum. The following is the answer I have received :—

General Board of Lunacy, 8th May 1867.

Dr Tuke,  
Fife and Kinross District Asylum.

SIR,—I laid before the Board your letter of the 2d, regarding the lunatics A. D. and M. A. They are of opinion that under present circumstances they cannot be removed from the District Asylum, as they are not criminal lunatics in the legal sense. Should an assault be committed by either of these men, you should make a communication to the Procurator-Fiscal. The Board further think that in a district asylum there should be sufficient means for keeping violent lunatics in proper control.—I am, &c.,

(Signed)

W. FORBES, Secretary.

*Table V.—Ages of those Admitted.*

					M.	F.	Total.
From 10 to 20 years,	-	-	-	-	8	0	8
„ 20 „ 30 „ -	-	-	-	-	17	13	30
„ 30 „ 40 „ -	-	-	-	-	31	28	59
„ 40 „ 50 „ -	-	-	-	-	30	26	56
„ 50 „ 60 „ -	-	-	-	-	19	15	34
„ 60 „ 70 „ -	-	-	-	-	7	15	22
„ 70 „ 80 „ -	-	-	-	-	2	7	9
„ 80 „ 90 „ -	-	-	-	-	0	1	1
Total,					114	105	219

Table 5 shows the ages of those admitted. It will be seen that the age of a very large proportion exceeds 50 years. The average age of our 30 oldest patients is over 68. Under these circumstances a high rate of mortality must be anticipated.

As yet only five cases have been discharged recovered. Considering the shortness of the time for treatment, a larger number could hardly be looked for.

Patients suffering from the suicidal impulse are a cause of the deepest anxiety to an asylum superintendent. There are several such now under treatment in whom it is peculiarly strongly developed. One woman has to be searched twice or thrice a day in



order to prevent her secreting about her person string, tape, &c., wherewith to strangle herself ; another, on admission, had a recent scar on her neck, the result of an attempt to cut her throat.

The general health of the establishment has been remarkably good.

The accommodation on the male side of the house is fully occupied, and the probability is, that the female department will soon be in the same condition.

I have already stated that recovery can be looked for only in 14 cases, and some time must elapse before this can be effected. We have thus a fixed population of at least 190. Death vacancies will probably amount to 15, but we must anticipate the admission of 40 cases in the ensuing year. Looking at it from the most hopeful point of view, it is evident that the capabilities of the Asylum will be much over taxed before another year expires, and it will be a matter of serious consideration on the part of the Board how to provide for such a contingency. The Commissioners in Lunacy, as shown in their report for 1866, are strongly opposed to the re-opening of the lunatic wards of the Dunfermline Poorhouse, and it is doubtful how far it is advisable thus to provide for the insane pauper. It is true there are many of our patients who are incapable of appreciating directly the benefits of an asylum, but when it is considered that these are the very cases most requiring care and attention to prevent them degenerating, and who stand most in need of constant medical inspection, it becomes matter for inquiry how far it is justifiable to remove them beyond its influence. The bodily condition of those who have been sent to this Asylum from the lunatic wards of poorhouses does not argue well for the continuance of such establishments. I may cite one instance. 3 out of 11 patients transferred to me, from one such place, were suffering from neglected ulcers of the leg. Nor is it by any means certain that, as a matter of economy, the step would be advisable. The District Board has already established an expensive staff of officers for the care of the insane, and it would require to be but slightly enlarged to render it sufficient for a much larger number of patients. Again, it must be remembered that the only class of patients eligible for lunatic wards is that which requires least trouble in management, and the members of which are often the most useful inmates—so that if year after year such cases are to be



weeded out, the District Asylum would become the receptacle of either the most excited or the most utterly degraded class of lunatics, and necessarily the expenditure for its maintenance must increase if those whose work tends to keep down the number of servants employed are withdrawn. I believe that should the Board determine upon undertaking the care of all the pauper lunatics of this district it will find the average cost overhead to be little, if any greater, to the ratepayers than if a portion were provided for at a cheaper rate, because the saving in the maintenance of a harmless, and, perhaps, useful imbecile entails greater expense in the treatment of the more curable patient. As a matter of humanity the question admits of no doubt. There exists, however, a means of relieving the pressure on the Asylum, one which is extensively employed in Scotland, and which is much in favour with the General Board—I allude to the boarding out of patients in private dwellings. I have been in communication with Dr Mitchell, one of the Deputy-Commissioners, who takes great interest in carrying out this plan for providing for the insane. He has visited the Asylum, and has given me the benefit of his experience in selecting patients fitted for such treatment. He is of opinion that in the villages surrounding the Asylum, there would be little difficulty in finding persons who would undertake to be the guardians of harmless lunatics, and who would fulfil the duty properly. Should this scheme meet with the approbation of the District Board, an outlet would be provided for our surplus population, and any necessity for addition to the main building be obviated. It would be advisable, however, that such cases should, to some extent, be under the control of the District Board, and the supervision of their medical officers, so that no abuses of the system should creep in, and a proper surveillance be maintained over the guardians. Nevertheless, I would urge on the Board the propriety of building cottages on the Asylum grounds, where harmless, but useful, patients might be accommodated. There exists a great necessity for a new house at the farm, and one might be constructed with provision for eight or ten male patients of the class who could appreciate a relief from asylum discipline. A suitable house for female patients could be provided by a small addition to the laundry; and in both instances such establishments would be of the utmost benefit in the treatment of convalescent cases. I am firmly

of opinion that by adopting these measures the District Board would make ample provision for the pauper lunatics for many years to come.

It is impossible, from the experience of the past year, on account of the expenses of construction being to some extent complicated with those of maintenance, and also, from the fact that for the first few months the house was only partly filled (working expenses going on as for the full number) to arrive at any accurate conclusion as to the average cost per head. I believe there will be a considerable saving in the ensuing year, as compared with this, in many important items, such as coals, meat, and potatoes; but it would be premature to recommend any reduction of the rates of board.

I am sorry to report that the discipline of the Asylum in certain departments, is as yet imperfect; the constant presence of workmen, and the unfinished condition of the laundry and kitchen arrangements, have been the principal causes. There is always a difficulty in obtaining a suitable staff of servants for a lunatic asylum; the process is necessarily an eliminative one, but I am happy to say that the Board has obtained the services of many useful and trustworthy servants, and I trust that it will soon be in my power to report that my great difficulties in this respect are at an end.

Several escapes have occurred, the result of an untried staff of attendants, and faults in the minor details of the house, which latter, however, are now nearly obviated. A certain number of escapes must be looked for every year from an asylum unsurrounded by high boundary walls; but as the discipline of the place advances they will be reduced to a minimum.

Considerable progress has been made in laying out the grounds; the terrace on the south side of the building is finished, the formation of a kitchen garden in the north-west corner is far advanced, fully six acres of land have been trenched to a depth of 20 inches, the garden round the Superintendent's house is laid out, and a sufficient amount of land is cropped for a full supply of garden stuff for the whole establishment. This has been almost entirely effected by the labour of patients. When the great extent of the terrace is considered (560 feet long and 30 feet broad), and that but a year ago the site of the present garden was a yawning quarry, some idea may be formed of the extent of the operations. Great



credit is due to Mr Bell, the head gardener, for the energy he has displayed, and for the admirable tact he has exercised in the management of patients. The general character of the soil has very much improved, good garden crops are now growing where two years ago the farmer could not reap the amount of seed he had sown. But there still remains a great deal to be done, which will afford that employment and occupation so necessary in the treatment of the insane.

I would call the attention of the Board to the unsatisfactory state of the farm buildings, and to the necessity of more definite regulations for the management of the farm. In the one item of milk £150 a-year is alone expended, and it is worthy of consideration whether the establishment of a dairy would not be advisable.

Great credit is due to Miss Easton, the matron, and Mr Wilson, the head attendant, for the manner in which they have performed their duties under circumstances of considerable difficulty, and my best thanks are due to Dr Skae for his co-operation.

I lay before you returns of work executed in the carpenters' and shoemakers' shops, women's workroom, also of the amount of vegetables supplied from the garden.

The establishment of a library is much called for, as also the procuring of a piano for the amusement hall.

Much might be done for the adornment of the grounds by the county gentlemen sending donations of shrubs and flowers; the gardener could easily utilise much of what is actually refuse from the grounds of a country house. There is also still much room on the walls of the corridors and day room for pictures, donations of which will be thankfully received. A small green-house is also much required, the expense of its erection would be very slight, as we have the materials on hand, and can provide the labour.

I am anxious to call the attention of the Board to the great inconvenience which has been found in the working of clause 7 of the amended Lunacy Act of 1866. By this clause the Sheriff's order for detention was caused to cease and determine on the 1st of January 1867, in all cases in which it had been in existence more than three years, and rendered the further detention of all such cases to be dependent on a certificate granted by the medical superintendent that it was necessary for their own or the public good. I, in common with almost every superintendent in Scotland,



by a misreading of the Act, placed myself in the uncomfortable position of illegally detaining a large number of patients. By a circular issued by the General Board of Lunacy, I am informed that it is proposed to apply to Government to introduce a Bill in the present session of Parliament to suspend, until the 17th of December next, the operation of this clause, and to grant an indemnity to all persons who have failed to give the required certificates. But I would earnestly request the District Board to take into consideration whether it would not be advisable to petition Parliament to repeal the clause altogether on the following grounds :—

1st, That it delegates to medical superintendents a duty which ought to be performed by a higher and more impartial authority.

2d, That it places the medical superintendent in a very unfair relationship to his patients, and that, by so doing, it impairs his usefulness and increases his dangers.

3d, That it does not facilitate, but, on the contrary, tends to retard the discharge of patients.

4th, That it is unnecessary, as the too prolonged detention of patients is already sufficiently provided against by the visitation of Commissioners, Sheriffs, members of District Boards, Justices, Inspectors of Poor, deputations from Parochial Boards, and patients' friends.

5th, That it is uncalled for, as in no single instance in Scotland has a case of improper detention in an asylum been reported by the Visiting Commissioners to the General Board.

Lastly, That it has been proved cumbrous in action, and will prove a constant source of error and confusion.

In conclusion, allow me to return my best thanks for the unvarying support I have received from you, and for the ready manner in which you have always acceded to any plan I have proposed for the good of the Institution.

JOHN B. TUKE, M.D.  
*Med. Sup.*

Fife & Kinross District Asylum,  
May 22d 1867.

# A P P E N D I X.

I.—Return of Repairs done in Joiners' Shop from 11th January to April 1867.

Date.	Description of Repairs.	Value of Time.		
		£	s.	d.
1867.				
11 Jany.	„ Repairing Window Blinds, - - -	0	4	0
12 „	„ „ Do., - - -	0	4	0
15 „	„ „ Locks and Sundries, - - -	0	4	0
16 „	„ Jobbing in House, - - -	0	4	0
18 „	„ Easing Laundry Doors and Jobbing, - - -	0	4	0
19 „	„ Repairing Window Blinds, - - -	0	4	0
21 „	„ Do. Do., - - -	0	4	0
22 „	„ Do. Do., - - -	0	4	0
23 „	„ Do. Do., - - -	0	4	0
24 „	„ Do. Do., - - -	0	4	0
29 „	„ Jobbing in Laundry, - - -	0	4	0
30 „	„ Do., - - -	0	4	0
31 „	„ Do., - - -	0	4	0
4 Feby.	„ Do., - - -	0	4	0
7 „	„ Do., at Dr Tuke's House, - - -	0	3	6
12 „	„ Do., inside House, - - -	0	4	0
13 „	„ Putting up Boards and taking off Frozen Pipes, - - -	0	4	0
15 „	„ Do. Do., - - -	0	4	0
19 „	„ Repairing Locks, - - -	0	2	0
20 „	„ Jobbing, - - -	0	3	0
21 „	„ Do., - - -	0	4	0
27 „	„ Do., - - -	0	4	0
1 March	„ Do., - - -	0	2	0
6 „	„ Do., - - -	0	3	6
14 „	„ Do., - - -	0	4	0
15 „	„ Do., - - -	0	4	0
18 „	„ Do., - - -	0	4	0
22 „	„ Do., - - -	0	4	0
23 „	„ Do., - - -	0	4	0
25 „	„ Do., - - -	0	2	0
26 „	„ Do., - - -	0	2	6
27 March	„ Do., - - -	0	4	0
1 April	„ Shifting into New Shops, - - -	0	3	6
1 „	„ J. L. assisting, - - -	0	1	6
2 „	„ Jobbing for Joiners' Shop, - - -	0	4	0
3 „	„ Laying Matting and Repairing Blinds, - - -	0	4	0
4 „	„ Repairing Strong-room Door (Male), - - -	0	4	0
„	„ J. L. Jobbing, - - -	0	1	6
5 „	„ Jobbing in Laundry, - - -	0	4	0
6 „	„ Do., - - -	0	4	0
10 „	„ Do., - - -	0	3	0
11 „	„ Do., - - -	0	4	0
12 „	„ Repairing Strong-room Door (Females), - - -	0	4	0
13 „	„ Jobbing, - - -	0	4	0
	Total, - - -	8	0	0

II.—*Return of Work performed by Joiners between 11th January  
and 13th April 1867.*

Date.	Description of Work.	Value of Time.		
1867.		£	s.	D.
14 Jany.	To Making Coffin, - - -	0	4	6
17 "	" " 1 Pair of Steps to Joiners' Shop, -	0	4	0
" "	" " 1 Box (by J. L.) for Do., -	0	2	6
26 "	" Putting Board on 1st Male Attendant's Table, -	0	2	0
1 Feby.	" Fitting Laundry Table and a Smoking Place, -	0	3	6
2 "	" Making Bed-room Screen, - - -	0	4	0
5 "	" " Picture Frames, - - -	0	4	0
8 "	" " Coffin, - - -	0	4	6
9 "	" " Temporary Table (Dining Hall), -	0	4	0
16 "	" " Reading Desk, - - -	0	4	0
18 & 19 Feb.	" " 1 Pair of Steps for House, - -	0	6	0
22 & 23 "	" " Stretchers for Beds, - - -	0	8	0
26 & 27 "	" Covering Do. with Canvass, - - -	0	8	0
1 & 2 March	" Making Coffin, - - -	0	4	6
4 "	" " Box for Shaving Utensils, - - -	0	4	0
5 "	" " Picture Frames, - - -	0	4	0
8 & 9 "	" " Coffin, - - -	0	6	0
11 & 12 "	" " Drainer for Clothes, - - -	0	8	6
13 "	" Covering Reading Desk, and Finishing, -	0	4	0
16 "	" Making a Coffin, - - -	0	4	6
19 "	" " Frame Structure (for Pictures), -	0	4	0
20 & 21 "	" " Coffin, - - -	0	4	6
26 "	" " Corner Bands and Fixing on Clothes Drainer, -	0	2	0
28 "	" " Wood Rack and Shifting Wood, -	0	4	0
29 & 30 "	" " Press for Joiners' Shop, - - -	0	11	0
7 April	" " Stretcher, - - -	0	4	0
" "	" " Bench for Joiners' Shop (A. B.), -	0	4	0
9 "	" " Coffin, - - -	0	4	6
9 to 13 April	" " Picture Frames, - - -	0	14	6
Total,		7	7	0

III.—*Work done in Glazing by Joiners.*

Date.	Description of Work.	Value of Time.		
1867.		£	s.	D.
26 Jany.	Female Side, - - -	0	2	6
2 Feby.	Male Do., - - -	0	0	8
11 "	Male and Female Side, - - -	0	7	6
15 "	Female Side, - - -	0	7	6
20 "	Glazing, - - -	0	3	6
28 "	Male and Female Sides, - - -	0	10	0
6 March	Do., - - -	0	2	6
9 "	Do., - - -	0	7	6
2 April	Male Side, - - -	0	1	6
3 "	Female Side, - - -	0	1	6
Total,		2	4	8



IV.—*Abstract of Joiners' Work.*

Detail.						Amount.		
						£	s.	D.
For New Work,	-	-	-	-	-	7	7	0
„ Jobbing and Repairs,	-	-	-	-	-	8	0	0
„ Glazing,	-	-	-	-	-	2	4	8
Total,	-	-	-	-	-	17	11	8

V.—*Repairs by Shoemakers (Patients) between 4th July 1866 and 30th April 1867.*

No.	Description of Repairs.				Price.		Amount.		
					s.	D.	£	s.	D.
46	Shoes, Men's Pairs, Soled and Heeled, &c.,	@			3	0	6	18	0
44	Slippers, Do., „ Do.,	„			2	0	4	8	0
38	Shoes, Women's, Pairs, Do.,	„			1	9	3	6	6
6	Slippers, Do., „ Do.,	„			0	9	0	4	6
12	Knee-Pads, - - -	„			0	4	0	4	0
							15	1	0

JAMES WILSON, *Head Attendant.*VI.—*Abstract of Vegetables used in the Fife & Kinross District Asylum from July 1866 to 30th April 1867.*

Description of Vegetables.						Price.		Amount.		
						s.	D.	£	s.	D.
Cabbage,	275 Doz.,	-	-	-	@	0	8	9	3	4
Savoys,	134 „	-	-	-	„	0	7	3	18	2
Greens,	244 „	-	-	-	„	0	6	6	2	0
Carrots,	611 Bundles,	-	-	-	„	0	3	7	12	9
Cress,	96 „	-	-	-	„	0	1	0	8	0
Radish,	72 „	-	-	-	„	0	1	0	6	0
Onions,	366 „	-	-	-	„	0	1½	2	5	9
Do.,	24 Pecks,	-	-	-	„	1	3	1	10	0
Parsley,	840 Bundles,	-	-	-	„	0	1	3	10	0
Potatoes,	255 Pecks,	-	-	-	„	0	8	8	10	0
Peas,	156 „	-	-	-	„	0	8	5	4	0
Rhubarb,	48 Bundles,	-	-	-	„	0	3	0	12	0
Lettuce,	64 Doz.,	-	-	-	„	0	2	0	10	8
Turnips,	888 „	-	-	-	„	0	3	11	2	0
Beans,	56 Pecks,	-	-	-	„	0	6	1	8	0
Cauliflower,	36 Doz.,	-	-	-	„	1	0	1	16	0
Carry forward,	-	-	-	-				63	18	8

VII.—*Abstract of Vegetables—Continued.*

Description of Vegetables.						Price.	Amount.		
							£	s.	d.
Brought forward,	-	-	-	-	-		63	18	8
Celery,	18	Doz.,	-	-	@	1 0	0	18	0
Beetroot,	16	„	-	-	„	0 6	0	8	0
Brocolo,	68	„	-	-	„	1 0	3	8	0
Brussels Sprouts,	24	Gals.,	-	-	„	1 0	1	4	0
Red Cabbage,	10	Doz.,	-	-	„	1 0	0	10	0
Leeks,	148	Bundles,	-	-	„	0 2	1	4	8
Parsnips,	84	Doz.,	-	-	„	0 4	1	8	0
Spinage,	18	Gals.,	-	-	„	0 6	0	9	0
Total,	-	-	-	-	-		£69	8	4

ALLAN BELL, *Gardener.*VIII.—*Articles Repaired &c., by the Female Patients between 4th July 1866 and 30th April 1867.*

No.	Description of Articles.					Price.		Amount.		
						s.	d.	£	s.	d.
1300	Gowns,	-	-	-	@	0	2	10	16	8
110	Petticoats, Drugget,	-	-	-	„	0	1	0	9	2
105	Do., Plaiding,	-	-	-	„	0	1	0	8	9
93	Chemises,	-	-	-	„	0	1	0	7	9
64	Stays, Pairs,	-	-	-	„	0	2	0	10	8
1026	Stockings, Pairs,	-	-	-	„	0	1	4	5	6
300	Aprons,	-	-	-	„	0	1	1	5	0
280	Caps,	-	-	-	„	0	1	1	3	4
12	Jackets, Wincey,	-	-	-	„	0	1	0	1	0
120	Gowns, Night,	-	-	-	„	0	1	0	10	0
40	Chemise, Flannels,	-	-	-	„	0	1	0	3	4
30	Shirts, Do.,	-	-	-	„	0	1	0	2	6
678	Do., Striped,	-	-	-	„	0	1	2	16	6
34	Coats, Men's,	-	-	-	„	0	3	0	8	6
101	Jackets, Do.,	-	-	-	„	0	3	1	8	6
130	Trousers, Pairs,	-	-	-	„	0	2	1	1	0
352	Drawers, Pairs,	-	-	-	„	0	2	2	18	8
77	Vests,	-	-	-	„	0	1	0	6	5
20	Caps, Cloth,	-	-	-	„	0	1	0	1	8
30	Sheets,	-	-	-	„	0	1	0	2	6
1875	Socks, Pairs,	-	-	-	„	0	1	7	16	3
12	Blankets,	-	-	-	„	0	1	0	1	0
6	Binders,	-	-	-	„	0	1	0	0	6
36	Cloths, Table,	-	-	-	„	0	1	0	3	0
600	Cases, Bolster,	-	-	-	„	0	1	2	10	0
2	Cloths, Crumb,	-	-	-	„	0	1	0	0	2
100		-	-	-	„	0	1	0	8	4
200	Cases, Pillow,	-	-	-	„	0	1	0	16	8
6	Mattresses, Hair,	-	-	-	„	1	0	0	6	0
Total,	-	-	-	-	-			£41	9	6

IX.—Articles made by the Female Patients between the 4th July 1866  
and 30th April 1867.

No.	Description of Articles.	Price.	Amount.
		S. D.	£ S. D.
48	Gowns, - - - @	1 6	1 16 0
87	Petticoats, Drugget, - - -	0 4	1 9 0
139	Do. Plaiding, - - -	0 4	2 6 4
10	Chemises, - - -	0 6	0 5 0
4	Stays, Pairs, - - -	1 6	0 6 0
46	Stockings, Pairs, - - -	0 6	1 3 0
40	Aprons, - - -	0 3	0 10 0
45	Caps (Female), - - -	0 6	1 2 6
12	Boddices, Slop, - - -	1 0	0 12 0
12	Sheets, Pairs, - - -	0 2	0 2 0
70	Binders, - - -	0 2	0 11 8
6	Cases, Pillow, - - -	0 3	0 1 6
40	Bags, Straw, - - -	0 8	1 6 8
48	Towels, Roller, - - -	0 2	0 8 0
50	Do. Bed-room, - - -	0 1	0 4 2
40	Cloths, Table, - - -	0 3	0 10 0
12	Napkins Do., - - -	0 0 $\frac{1}{2}$	0 0 6
6	Cloths, Tray, - - -	0 1	0 0 6
48	Jackets, Wincey, - - -	0 6	1 4 0
600	Blankets, Pairs (marked with red worsted),	0 2	5 0 0
186	Do. Single, Do.,	0 1	0 15 6
170	Shawls, Do.,	0 1	0 14 2
6	Coats, Tweed, - - -	4 6	1 7 0
3	Trousers, Pairs, Do., - - -	1 6	0 4 6
2	Drawers, Pairs, (Boys), - - -	0 8	0 1 4
99	Shirts, - - -	0 8	3 6 0
79	Socks, Pairs, - - -	0 4	1 6 4
2	Shirts, Flannel, - - -	0 2	0 0 4
12	Aprons (Kitchen from Packsheets), - - -	0 4	0 4 0
Total, - - -			£26 18 0

CHRISTINA EASTON, *Matron.*

X.—Account of Pigs Purchased, Fed, and Killed from 4th July 1866 to 30th  
April 1867.

Pigs Purchased.	Amount.	Killed, and Remaining on Hand.	Amount.
	£ S. D.		£ S. D.
6 Pigs, @ 10s each, -	3 0 0	PORK—	
4 „ „ 10s „ -	2 0 0	119 $\frac{1}{2}$ Stone, @ 5s 9d per Stone,	32 15 6
4 „ „ 7s 6d „ -	1 10 0		
2 „ „ 50s „ -	5 0 0	PIGS ON HAND—	
3 „ „ 15s „ -	2 5 0	2 Sows in Pig, @ £5, -	10 0 0
1 „ „ 60s „ -	3 0 0	3 Do., „ „ £3 -	9 0 0
7 „ „ 8s „ -	2 16 0	1 Hog, „ £5, -	5 0 0
		1 „ „ £1, 10s, -	1 10 0
		7 Pigs, „ 15s, -	5 5 0
Balance in favour of Institution, - - -	43 19 6		
	£63 10 6		63 10 6



